

## ***Step Training Information and Registration Summer 2011***

### **Background**

Step Training started in the summer of 2009 after Andi and Cassie realized that dancers who were receiving extra dance training outside of In Step, College Park's dance ministry, were progressing more quickly through choreography. Parents were also asking for recommendations for dance studios. Knowing that many studios may not have values and/or musical selections that line up with College Park's families' values and knowing that classes at dance studios can be pricey, Andi and Cassie started Step Training as a cheaper and wholesome alternative.

### **Who**

**Any College Park girl who ages 4 and up can participate.** No previous dance experience is required. Dancers don't have to be in In Step to be in Step Training.

### **Format**

Step Training consists of training in ballet, lyrical, and jazz dance. Girls will become trained in those three areas as well as receiving training in stretching and strength. We occasionally may learn a combination or dance to utilize the technique we've been working on. Cassie is the primary teacher.

**Back this summer is the Intro class which is only half hour long** and will give girls ages 4-5 who have never had any or little formal dance training the basics as well as introducing them to the realm of dance ministry.

**New this summer is Level 3, which is for girls looking for more advance training.** Girls will attend Level 2 and then stay for an extra half an hour.

### **Time and Place**

Step Training meets on Monday nights in College Park's basement in B1-2. Upon registration to Step Training, you will be given an exact time. **Time slots will most likely be 5:30-6, 6-7, 7-8/8:30.**

### **Commitment**

It's just 6 classes. We take the week of FAC and VBS off! We are very flexible for summer, so if a vacation conflicts, it is fine.

**Dates: June 6, 13, 20; July 18, 28; Aug 1**

### **Cost for the Summer Session**

Intro (1/2 hour)= \$35    Level 1 & 2 (1 hour) = \$45    Level 3 (1.5 hours)= \$55

You may bring the payment to class. Checks should be made out to Cassie Pugh. If you need a payment plan, please let Cassie know.

### **Dress**

**Modesty is one of our goals.** Gauchos or cropped pants and t-shirts are often the outfit of choice among dancers. Please make sure that shirts aren't too tight and that when hands are raised the belly is still covered. Hair should be pulled back. Ballet slippers are the best choice for footwear.

### **Contact**

If you have any questions or concerns, please contact Cassie Pugh at 317-709-3954 or [cassiebrogan@gmail.com](mailto:cassiebrogan@gmail.com)

Blessings,  
Cassie Pugh, Andi Hogan, and Bethany Gee

## *Registration*

Dancer's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Emergency Phone Number and Contact: \_\_\_\_\_

Email: \_\_\_\_\_

If your daughter is new to the dance ministry, please answer the following:

Medical Concerns or Limitations: \_\_\_\_\_

Previous Dance Training: \_\_\_\_\_

Age: \_\_\_\_\_

Grade: \_\_\_\_\_